

Recipe Tips

SNACKS



- Make your own smoothies by blending together frozen fruit, such as sliced bananas or strawberries, and milk and/or 100% fruit juice.
- Drink 100% fruit and vegetable juices in place of high-calorie drinks, such as soft drinks. Remember, one serving is 6 ounces or $\frac{3}{4}$ of a cup.
- Have cut-up raw vegetables and dip for an afternoon snack. Cut them or buy the pre-packaged ones. Broccoli, carrots, and cauliflower are nutritious choices.
- Snack on the perfect grab-n-go foods: fresh apples, ripe plums, pears, carrots, and celery. Have these foods washed and ready for eating on your refrigerator shelf.
- Keep dried fruit and nuts in your desk or file drawer for quick and easy mid-morning or mid-afternoon snacks.
- Keep things fresh and interesting by combining fruits of different flavors, like red grapes with pineapple chunks.
- When it's snack time, grab an apple or orange, or make a ready-to-eat bag of sweet cherries.
- Pack ready-to-eat fruits and vegetables for a convenient snack on the go.
- On your way out the door? Take along some healthy 5 A Day snacks like celery sticks, an apple, a banana, or a box of 100% fruit or vegetable juice.
- Cool off with a great treat. Pour 100% fruit or vegetable juice into an ice cube tray to make juice cubes.
- Get juicy. Buy 100% fruit or vegetable juice to quench your thirst and satisfy one of your 5 A Day servings.
- For a quick, handy, take-along 5 A Day snack, try dried dates, figs, dried plums, raisins, apricots, and others.

*Recipes and tips provided by the Produce for Better Health Foundation,
www.5aday.org.